



# Fitness & Dance

## AEROBIC CLASSES

We offer ongoing aerobic classes at the Community Center. Review this schedule and the following page for descriptions.

**Purchase a PUNCHCARD for these ongoing aerobics.**

### FEE SCHEDULE:

**12 classes: \$37 City or Non-City**

**24 classes: \$60 City or Non-City**

\* As always, we invite you to try any of our classes for the first time FREE! To suit your life-style, we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel		8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel		8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel
9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel
	1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Rice		1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Rice	
6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	



## Fitness in Motion Classes

You must pre-register for these classes separately. NO punchcards to attend these classes.

Class dates and fees are listed with individual class descriptions. Many of these classes have limited space - register now.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00-12:00pm Karate Instr: Morton
				12:30-3:00pm Line Dance Instr: Conlin	
5:30-6:30pm Karate Instr: Morton		5:30-6:30pm Karate Instr: Morton		5:30-6:30pm Tai Chi Instr: Riley	
				7:00-8:00pm Tai Chi Instr: Riley	

## AEROBICS SCHEDULE

The fitness classes listed on this page are interchangeable with your purchase of the punch card.

12 classes: \$37 City or Non-city Resident

24 classes: \$60 City or Non-city Resident

\*\* As always, we invite you to try any of our aerobic classes for the first time FREE! To suit your life-style we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!



### Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape. **\*Use with punch card.**

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Monday, Wednesday, & Friday,  
8:15am - 9:00am - Ongoing  
Dorothy Hart Community Center  
Instructor: Pam Wrobel, ACE & CPR certified

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### Interval Workout

We'll do a warm-up before engaging in a cardio / weight work-out. Alternating between the cardio and the weights, we'll have fun using free weights, bands, balls or step followed by a floor workout for your abs. We'll finish up with stretching and a cool down. **\*Use with punch card.**

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Monday, Wednesday, & Friday  
9:05am - 10:00am - Ongoing  
Dorothy Hart Community Center  
Instructor: Pam Wrobel, ACE & CPR certified

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### Strength & Stretch for Active Older Adults

A TWO-PART CLASS MODIFIED FOR ACTIVE OLDER ADULTS. The first half-hour consists of modified weight training for more mature adults who desire to gain muscle and bone strength. We will help you burn fat and decrease bone loss. The second half-hour consists of flexibility training and balance through stretching techniques, including yoga and pilates. By gaining strength and flexibility you will improve your overall well being. **\*Use with punch card.**

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Tuesday & Thursday  
1:00pm - 1:55pm - Ongoing  
Dorothy Hart Community Center  
Instructor: Barbara Rice, YMCA & CPR cert.

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### Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience. **\*Use with punch card.**

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Monday and Wednesday,  
6:00pm - 6:55pm - Ongoing  
Dorothy Hart Community Center  
Instructor: Pam Wrobel, ACE & CPR cert.

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### Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule. **\*Use with punch card.**

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Tuesday and Thursday  
6:30pm - 7:25pm - Ongoing  
Dorothy Hart Community Center  
Instructor: Tammy Vuolo, ACE & CPR certified

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## Beginner Tennis for Adults

(Ages: 16 yrs to Adult)

This class is for beginning tennis players who have little or no experience, or those players who have been away from the game a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Enjoy the weather, get some exercise, and pick up a new hobby.



1730.412 Mon/ Wed, Jul 10 - Jul 26 6:00pm-6:50pm

3 Week Session

\$30 City, \$40 Non-City Resident

Memorial Park (Kenmore) Tennis Courts

Instructor: Art Canizares

Registration begins: 6/6 City 6/13 Non-City



## Intermediate Tennis for Adults

(Ages: 16 yrs to Adult)

This class is for students that are not beginners, but still feel they need some improvement in their tennis skills.

1740.404 Mon/ Wed, Jul 10 - Jul 26 7:00pm-7:50pm

3 Week Session

\$30 City, \$40 Non-City Resident

Memorial Park (Kenmore) Tennis Courts

Instructor: Art Canizares

Registration begins: 6/6 City 6/13 Non-City



## Get Moving for Good Health!

Recent research shows that moderate activity, such as walking for 30 minutes a day, provides significant health benefits. Explore our parks and integrate a walk into your daily life. According to a National Parks and Recreation survey 43 percent of people who reported having safe places to walk within 10 minutes of home met

the U.S. surgeon general's recommended activity level, versus only 27 percent of those without safe places to walk near home. Call Parks and Recreation for information on a park or trail near you!

## Isshynru Karate

(Ages: 8 yrs to Adult)

A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids — you'll both have fun, and learn something too! No class July 3 or July 29.



## Evening Karate

2530.413 Mon/ Wed, Jun 26 - Jul 26 5:30pm-6:30pm

2530.402 Mon/Wed, Jul 31 - Aug 23 5:30pm-6:30pm

8 Sessions (No class 7/3)

## Saturday Karate

2530.416 Sat, Jun 24 - July 15 10:00am-12:00pm

2530.417 Sat., July 22 - Aug 19 10:00am - 12:00pm

4 Sessions (No class 7/29)

\$30 City, \$40 Non-City Resident

Dorothy Hart Community Center

Instructor: Mike Morton

Registration has already begun.

## Junior Karate Classes

(Ages 5 to 8 yrs) See listing on Children's Pages, p. 17.



## Women's and Co-Ed Volleyball

Start putting your teams together now! We have recreational leagues for players 18 years of age and older held in the fall, winter and spring seasons. Teams are limited to 12 players. Registration starts in August. The leagues are designed for those seeking exercise, skill-development and FUN - not high level competition. Please call 372-1086 ext. 204 with questions about our Volleyball programs.

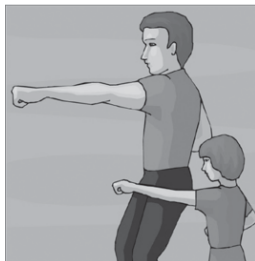
## Horseback Riding Lessons for Adults

Look for class listing on page 47.

## Tai Chi

(Ages: 16 yrs to Adult)

Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced for twenty-five. The exercise coordinates body, mind, and spirit. The ancient art of Tai Chi reduces stress, depression, blood pressure, and heart rate. It can improve natural breathing, vital energy, flexibility, balance, circulation, memory, and mental outlook. The exercise can enhance awareness for daily activities, sports and martial arts. No class June 30, July 28, or August 25.



2310.402 Fri, Jun 9 - Sep 1 7:00pm-8:00pm  
10 Week Session (No class 6/30, 7/28, 8/25)  
\$60 City, \$80 Non-City Resident  
Dorothy Hart Community Center  
Instructor: Charles Riley  
Registration has already begun.

## Advanced Tai Chi - Evenings

(Ages: 16 yrs to Adult)



The Advanced Tai Chi Class is for students who have had at least one class of the Tai Chi Form. The advanced class would include more advanced form practice, paying more attention to breathing, coordination of mind and body, relaxation, balance, centering, visualization, and extension of the senses. The Tai Chi Sport of Push Hands and Self-Defense techniques will be taught and practiced. Tai Chi is based on Taoist Philosophical

Principals of Creativity, and these will be discussed in relation to the practices. The practices are done with a focus on gentleness and harmoniousness to help in natural growth and protection of the potential in ourselves and others. Students only interested in the form should continue with the Friday class. No class June 30, July 28, or August 25.

2310.403 Fri, Jun 9 - Sep 1 5:30pm-6:30pm  
10 Week Session (No class 6/30, 7/28, 8/25)  
\$60 City, \$80 Non-City Resident  
Dorothy Hart Community Center  
Instructor: Charles Riley  
Registration has already begun.

## Line Dance

(Ages: 16 to Adult)

Love to dance, but don't have a partner? Well, in Linda's Line Dance classes you don't need one! You can get some great exercise without "working out." From 12:30 - 1:30pm Linda teaches low impact line dances with variations that are great for first time dancers and Senior Citizens. From 1:30pm - 3:00pm she teaches moderate to high impact line dances for those people with more experience. No Partner or experience needed. Variations are shown, so you can pick your own pace & style. Wear light comfortable clothes and tennis shoes. (No class June 2nd.)

### DROP-IN ANYTIME!

Fridays, Jun 9 - Aug 18 (Jun 16, 23, 30 July 14, 21, 28 & Aug 4, 18 at Ray Grizzle Activity Center)  
12:30pm - 1:30pm - Low Impact  
1:30pm - 3:00pm - Moderate & High Impact  
\$4 City or Non-City Resident per week per person  
Dorothy Hart Community Center  
Instructor: Linda Conlin  
Register on a weekly basis.



## Round Dance

This is a Choreographed Ballroom/Social Dancing without the competition. We stress fun as well as teach the different rhythms. If you have 2 left feet, this is for you! If you can't keep time with music, NO PROBLEM! Please wear soft soled shoes to protect the wood floor as well as for dancing ease. Questions? Contact Nana @ (703) 670-3063.

Monday, 7:00pm - 9:00pm, All year round.  
(No class 6/19, 6/26)  
\$5 City or Non-City Resident per week, register weekly  
Dorothy Hart Community Center  
Instructors: Nana & Tim Eum

## Square Dance

The Rappahannock Twirlers will dance the 1st and 3rd Saturdays during June and July at the Community Center. For more information, give the Twirlers a call at (540) 786-2683.

## Belly Dance Basics I w/ Anthea

(Ages: 12 yrs to Adult)

Anyone may join this introductory class! Add bellydance to your fitness routine. Class includes breathwork, static and ballistic stretches, and weight-bearing dance activity - you'll feel the results immediately! Beginner 1 classes can be taken as stand-alone fitness classes or as a stepping stone to the higher-level classes.

3722.427 Thur, Jun 8 - Jun 29 7:30pm-8:30pm

3722.428 Thur, Jul 6 - Jul 27 7:30pm-8:30pm

3722.116 Thur, Sep 7 - Sep 28 7:30pm-8:30pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident

Dorothy Hart Community Center

Registration has already begun.

Instr: Anthea Poole

## Belly Dance Basics II w/ Anthea

(Ages: 12 yrs to Adult)

Learn Anthea's "Bellyrobics" warm-up, basic isolations and footwork- simple combinations will have you dancing in no time! Suitable for those who want to review the foundation of both Oriental dance and Tribal Odyssey Bellydance. Enrollment by recommendation of the instructor.

3722.429 Thur, Jun 8 - Jun 29 8:30pm-9:30pm

3722.430 Thur, Jul 6 - Jul 27 8:30pm-9:30pm

2722.134 Thur, Sep 7 - Sep 28 8:30pm-9:30pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident

Dorothy Hart Community Center

Registration has already begun.

Instr: Anthea Poole

## Intermediate Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Besides dance skills, you'll learn about various styles, dance composition, background history, music interpretation, and traditional dance rhythms. Performance opportunities for promising students. Enrollment by recommendation of instructor.

3722.444 Wed, Jun 7 - Jun 28 8:00pm-9:00pm

3722.445 Wed, Jul 5 - Jul 26 8:00pm-9:00pm

3722.119 Wed, Sep 6 - Sep 27 8:00pm-9:00pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident

Dorothy Hart Community Center

Registration has already begun.

Instr: Anthea Poole



## Belly Dance Basics I w/ Karen

(Ages: 12 yrs to Adult)

Need to learn a new dance and want to stay in shape too? Learn the basics of this ancient art form to improve fitness, increase flexibility and help relieve stress. Students in this basic class follow the instructor through movements at their own fitness ability.

3722.436 Mon, Jun 5 - Jun 26 7:00pm-8:00pm

3723.424 Mon, Jul 10 - Jul 31 7:00pm-8:00pm

4 Week Sessions each at Dorothy Hart Community Ctr.

\$32 City, \$43 Non-City Resident

3722.121 Mon, Sep 11 - Sep 25 7:00pm-8:00pm

3 Week Session at Dorothy Hart Community Ctr.

\$24 City, \$30 Non-City Resident

Instructor: Karen Sullivan

Registration has already begun.



## Belly Dance Basics II w/ Karen

(Ages: 12 yrs to Adult)

If you have taken Basics I and just can't get enough - then take Belly Dance Basics II. It builds upon skills developed in Basic I with a focus on simple combinations.

3722.446 Mon, Jun 5 - Jun 26 8:00pm-9:00pm

3722.447 Mon, Jul 10 - Jul 31 8:00pm-9:00pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident

3722.130 Mon, Sep 11 - Sep 25 8:00pm-9:00pm

3 Week Session

\$24 City, \$30 Non-City Resident

Dorothy Hart Community Center

Instructor: Karen Sullivan

Registration has already begun.

## Advanced Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Classes develop advanced dance skills, including stage presence and focused relaxation; increase background knowledge and understanding of the dance. Enrollment by recommendation of the instructor.

3722.317 Wed, Jun 7 - Jun 28 7:00pm-8:00pm

3722.456 Wed, Jul 5 - Jul 26 7:00pm-8:00pm

3722.126 Wed, Sep 6 - Sep 27 7:00pm-8:00pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident

Dorothy Hart Community Center

Instructor: Anthea Poole

Registration has already begun.

## Ballroom Dance

(Ages: 16 yrs to Adult)

Are you inspired by the new "Dance with the Stars" show? Well here's your chance to get out on the dance floor and learn some of the steps they do on TV. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include the Fox Trot, Waltz, Cha-Cha, Rhumba, Merengue, Salsa and Swing. Only a limited amount of singles will be accepted. Wear SOFT-SOLED shoes.



3310.414 Wed, Jun 7 - Jun 28 6:30pm-7:30pm  
3 Week Session (No class 6/21)  
\$24 City, \$32 Non-City Resident per person per session

3310.411 Wed, Aug 2 - Aug 23 6:30pm-7:30pm  
3310.101 Wed, Sep 6 - Sep 27 7:30pm-8:30pm  
4 Week Sessions each  
\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration has already begun for June Session.

Registration begins: 6/6 City and 6/13 Non-City for Jul-Sept.

## Foxtrot & Waltz

(Ages: 16 yrs to Adult)

Foxtrot, is a smooth progressive dance characterized by graceful, flowing movements across the dance floor. Waltz is a smooth progressive dance characterized by long, flowing movements, continuous turns, and rise & fall. Waltz dancers glide around the floor almost effortlessly. Come out and let our instructor show you how to be graceful out on the dance floor. Only a limited amount of singles will be accepted. Wear SOFT-SOLED shoes.

3340.402 Wed, Jul 5 - Jul 26 6:30pm-7:30pm  
4 Week Session  
\$32 City, \$43 Non-City Resident per person per session  
Dorothy Hart Community Center  
Instructor: Leonard Mara  
Registration begins: 6/6 City 6/13 Non-City

## Beginning Swing, Jitterbug, & Rock

(Ages: 16 yrs to Adult)

Don't waste time watching! Get up and enjoy the music. Learn the basic steps of Jitterbug or Swing. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on the floor. You'll be hooked on Swing and dancing to all those Big Band Sounds as well as the music of the 50's and 60's. The way Swing dancing has caught on, don't you think you should give it a try? It's the most popular music for dancing! Only a limited number of singles will be accepted. Wear SOFT-SOLED shoes.

3310.412 Wed, Jun 7 - Jun 28 7:30pm-8:30pm  
3 Week Session (No class 6/21)  
\$24 City, \$32 Non-City Resident per person per session

3340.403 Wed, Aug 2 - Aug 23 7:30pm-8:30pm  
3340.104 Wed, Sep 6 - Sep 27 6:30pm-7:30pm  
4 Week Sessions each  
\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration has already begun for June Session.

Registration begins: 6/6 City and 6/13 Non-City for Jul-Sept.

## Salsa & Merengue

(Ages: 16 yrs to Adult)

Are you inspired by the new "Dance with the Stars" show? Well here's your chance to get out on the dance floor and learn some of the steps they do on TV. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include Merengue, Salsa and Swing. Only a limited amount of singles will be accepted. Wear SOFT-SOLED shoes.



3310.403 Wed, Jul 5 - Jul 26 7:30pm-8:30pm  
4 Week Session  
\$32 City, \$43 Non-City Resident  
Dorothy Hart Community Center  
Instructor: Leonard Mara  
Registration begins: 6/6 City 6/13 Non-City

**Help save our floors!**

Please wear soft-soled shoes when taking dance classes at the Community Center.